KANSAS MEDICAL JOURNAL.

VOL. IX. TOPEKA, KANSAS, SATURDAY, FEBUARY 6, 1897. No. 6.

ORIGINAL ARTICLES.

The Gospel of Hygiene.

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Read Before the State Board of Health, December 26, 1896.

One of the greatest obstacles in the enforcement of the hygienic law is ignorance. While today we are inclined to boast of our advanced state of civilization, a careful inspection of the sanitary condition of our country will cause us to invest ourselves with the humble sackcloth. It is possible that posterity a thousand years hence will look upon these crude times with the same degree of commiseration that we have for our distant progenitors. It has been pertinently remarked that if "we knew it all," our posterity would have nothing to leave; and while this is true, yet progression is unnecessarily retarded by deplorable sanitary ignorance among the masses. Sanitary laws are nullified by this cause, and frequently when enforcement is attempted, determined opposition is met which prevents it. In ancient times, it was the custom to study and care for, principally, the spirit which inhabited the body. A priestly hierarchy formulated laws, the strict observance of which were supposed to insure its final reward. The medieval doctrine of spiritual cleanliness filled unclean cloisters with pious monks and nuns who were taught to mortify the flesh, and woe be to him who had the temerity to violate the ecclesiastical law promulgated amidst their unsanitary surroundings; the offender was liable to be either roasted or boiled, and it is said that the actual occurrence of this incident was not *rare*, but *common* and *well done*. History tells us that ecclesiastical laws were in olden times vigorously enforced, when sanitary laws were unheard of. In fact, it appears in glancing over the history of mankind, that the fashion set by our clerical forefathers is the prevalent one today, and that the masses are better drilled in dogmas and creeds for the welfare of the spirit, than they are in the elementary laws for the preservation of the body. From thousands of sacred desks to multitudes of men, purity of life is taught, while millions glean lofty aspirations from the papers secular and religious. The immense stress the clergy laid upon spiritual affairs is, to a large extent, responsible for the almost total negligence of sanitary laws in former times, when priest and physician were one. Not until the profession of medicine was divorced from the priesthood, and devoted singly to man's physical welfare, could material advancement be made; yet the intimate relation of priest and doctor to man continues throughout his life, and they are together his divinely commissioned guardians from birth to death. The parson sprinkles the infant at the baptismal fount with the emblems of purity, counsels and admonishes him during life and solemnly pronounces the obsequies over the tenantless clay. The doctor superintends during his natal hour, anxiously defends him from the assaults of disease, and with scalpel and microscope searches through the mystic framework of muscles, blood vessels and nerves for the occult causes of death and means to protect life. That learned professions have all they can do for the best interests of mankind is well attested by the perversity of man physically, as well as spiritually. He has just as much tendency to disease as he has to sin,

and parson and doctor have had a hard time with him, even going to the extent of strife among themselves to establish dogmas, creeds and codes, and inventing ways to combat the many evil tendencies of creation's masterpiece. We have had the alopathic preacher with his tremendous doses of brimstone, and the old alopathic doctor with his big doses of calomel and gamboge, and we've been bled by both. We have had the eclectic preacher who dosed his parishioners with moral doctrine minus brimstone, and the eclectic physician who drew the line sharply at calomel. We have had the homeopathic preacher who attended his creeds to a degree of infinitesimalism that made them easy to take, and the homeopathic doctor with his microscopic doses that chemical analysis could scarcely detect. Out of this chaos of theories there has gradually been evolved a class of spiritual and physical guardians, who are constantly being brought into closer relationship as the walls of creeds and codes have been broken down, who are co-workers in the spiritual and physical salvation of the world. In the foregoing it has been the object to briefly point out the fact that spiritual affairs have, in times past and even in the present, taken precedence over the corporeal, and the obedience to the command, "Thou shalt not defile the body, for it is the temple of the soul," is as necessary for man's physical redemption as obedience to moral laws is for his spiritual. We know man only as he is known in the flesh; he has never been identified in any other manner, and neglect of his body and spirit is the primeval cause which has polluted the earth with disease and crime. True religion has a double meaning, must be equally adapted to the complex nature of man, and physical as well as spiritual cleanliness preached to the masses.

The advantage the clergyman has in the moral education of the masses over the physician in their hygienic education, is his daily teaching from pulpit and press. If an equal amount of good is to be accomplished for this duplex being, the physician must "antagonize every form of self indulgence that debases the body, every form of sin against the physical system, every namable and unnamable vice that corrupts the body and entails disease." This can only be accomplished by the enlightenment of the masses on such subjects as pertain to their general welfare. We must sow the seed of hygienic truth among them. It is true that they germinate but slowly. "The germ of life which lies planted in the vegetive seed is feeble enough to be crushed by the foot of man. Yet it can rend apart the asphalt pavement of a city park by a power too great to be resisted, and too subtle for our mechanical tests." So the germs of hygienic truth implanted in the minds of the masses will grow, and silently displace the firmly fixed sanitary errors of centuries, and eventually transform this world into a habitation of cleanliness. A brief review of the most unsanitary surroundings and violations of hygienic law will perhaps not be amiss. To whom is the ventilation of the school room entrusted. Have we any scientific method of ventilating the church or public buildings? The gaseous element which nature has provided for us without stint and in unlimited supplies, the purity of which is necessary for perfect health, we are niggardly with. In these days of asepticion, is it not appalling to think of learned judges, very profound literati, very sapient doctors, wedged in with a seething mass of humanity, breathing an atmosphere almost as filthy as the fetid ooze of the sewer. Is it not a fact that children, jealously guarded jewels of the household, are sent daily to school rooms insufficiently ventilated, and thus compelled to innocently breathe a poison ladened vapor which causes many to succumb sooner or later. The lethal influence of the vitiated atmosphere of the school room increases as the term advances, and the Winter months, when windows are kept down, show a great falling off in attendance. What provision is made in the average school room to regulate the temperature? Is it not regulated by the very fallible guide, the feeling of the teacher commonly, or sensibility of some feeble scholar in constant dread of an open window? The child, absolutely dependent in all things on

its elders for protection, who looses its life from a preventable disease, is murdered by an indifferent commonwealth. The illy ventilated public building is a charnal house, and the advent of disease from this cause is a crime chargable upon a State too ignorant to heed the alarm of danger that physicians are sounding throughout the land.

Moderate cleanliness of face and hands is observed among most classes, excepting, perhaps, the very lowest; but can as much be said of cleanliness of body? A certain doctor relates the case of a native (he did not live in Kansas) who had not been wet all over since 1863. Upon making further inquiry he found that not one-third of the people bathed once a month, and that fifty per cent. did not take a full bath from October to May. The term "great unwashed" is not too expressive when applied to the populace, and it does not require a critical examination to discover that cleanliness among them is certainly not apotheosied. Is it not lamentable ignorance that causes such indifference to the supply of fresh air, sunlight, and the application of water, the three prerequisite elements for health? Could one engage in a greater field of usefulness than in the effort to educate the people to a proper use of these great gifts of nature? How little does the average family know about what is best for them to eat, not only from a healthful, but also from an economical standpoint? This question possesses wide significance and may be regarded of national importance, as it embraces not only the every day condition of health as individuals, but as a race. "From sallow, attenuated, spindle legged young men as fathers, and flat chested, fleshless, weak backed women as mothers, what manner of children can come into being?" Dyspepsia, with its concomitant troubles, is so prevalent as to be spoken of as a national disease; and no organ of the body is more abused than the stomach. With rapacious man for its master it is made the receptacle of obnoxious material, and servilely driven to perform tasks too burdensome. The use of alcohol, tobacco, opium, chloral, cocaine, antipyrin, etc., is becoming the bane of society, and is dragging to destruction many who otherwise would be good and respectable people. The increase of these deplorable habits is sufficient to fill with alarm even the mind of the optimist.

The alarming increase of sexual maladies and their resulting evils, have tended to make means to diminish them very desirable. Ignorance of sexual hygiene is fraught with pernicious results which might be avoided by wholesome advice given by parent, guardian or teacher. The value of such knowledge is almost totally overlooked, and the average boy or girl grows up with the sensibility that it is almost a disgrace to have a bladder or a rectum.

An education which would prevent those ignorant assaults upon the genital organs, which in time stunt the vital fources and leave their impress on their offspring, would prove a blessing. Children of both sexes should be taught to be pure in thought, in word and in deed.

The fearful consequence of incontinence cannot be estimated. Gonorrhœa, commonly considered the mildest of the sexual disorders, is contracted with impugnity by the baser class, frequently made the butt of a joke, and its effects considered of trifling importance. Syphilis has within its poisonous grasp men and women of all classes, even the innocent new born babe suffers from its contaminating touch.

What shall we do to protect the future father and mother from the ravages of these dread diseases and from the pernicious influences of unhygienic surroundings? Literature, informing the masses of the baneful consequences on the physical organism of vice and filth, should be spread broadcast over the land. "The public health should be a paramount question of social polity; individuals should be educated from childhood to a knowledge of the importance and dignity of their bodies, and the necessity of keeping them sound, as well for their own greater personal benefit and pleasure, and that the descendants they leave may be worthy of them."

How can this be accomplished? Let the

Legislature delegate the power to the State Board of Health, make the necessary appropriations for the spread of the gospel of hygiene, and how long would it be before a plan of education would be evolved that would send a flash of light upon this subject over the world that would enable all to see and hence avoid the evil of violation of sanitary laws. The State Boards invested with such powers, would supervise the construction of public buildings, and see that they were properly ventilated and warmed; would place written instructions in the hands of school boards, trustees of churches, and managers of public buildings, providing for the proper heating, ventilation, and cleanliness of surroundings of the same; issue circulars to all teachers covering minor subjects of hygiene, instructing school children in the care of the teeth, proper mode of masticating food, the necessity for the weekly bath, and the best time for it, etc.

Authority could be delegated to discreet physicians to deliver a lecture on sexual hygiene, at least once yearly to school children of proper age, and as their capacity to understand increased they should be warned in public schools and colleges of the untold dangers of incontinence to themselves and their posterity, and taught the blessings of a chaste life. Circulars could be issued by the Boards covering all necessary subjects for the sanitary education of heads of families, placed in the hands of the county health officers, and by them sent to every family in their districts.

Is this plan feasible? Why not? Millions of dollars are yearly spent to disseminate the gospel of spiritual cleanliness, while but trifling sums are spent to educate the masses in the elementary principles of hygiene. Is it rational to thus neglect the material part of man? Is he not as important as the grass, or the beast of the field? Free literature, printed at State expense, is distributed over the country telling the husbandman what, when and where to plant, sow and reap, many pages being devoted to alfalfa, irrigation and subsoiling. A dissertation on the best method to raise and fatten hogs is received with applause, printed at public expense and circulated post paid over the country, fresh from the printer's type. Yet how niggardly our legislators are with appropriations of money to care for and protect the citizens of the State. Judging from the past the average legislator is not yet endowed with sufficient mental capicity to grasp the importance of this question. Hygienic and moral cleanliness go hand in hand, and neglect of either is demoralization. In no instance do we find the Great Physician, before whom we all must bow, neglecting either, but He went about healing body and soul. The command, "Thy sins are forgiven thee," was followed by, "Arise, take up thy bed, and walk."

Place the power of the press by liberal appropriations in the hands of the State Board of Health, and the beneficient influence of the gospel of hygiene will spread to the masses, who will thus be persuaded to throw off the clogs of physical corruption, and give to the world an impetus that will send it rapidly upward and onward in its flight toward the abode of purity.

ON the plea of public health, a Topeka, Kas., attorney proposes to have agnostic legislators-elect enter office without kissing the Bible.—*American Medico-Surgical Bulletin.*

THE following members of the medical profession are members of the present House of Representatives: Johnson of Cottonwood Falls, Harvey of Council Grove, Marks of Valley Falls, and Hollenbeak of Cimarron.

THE Western Ophthalmological, Otological, Laryngological and Rhinological Association will meet in St. Louis on the first Thursday and Friday of April. Railroads have promised a one and a third fare on all roads.

Kansas Medical Journal.

PUBLISHED WEEKLY

BY THE UNION PUBLISHING COMPANY.

SUBSCRIPTION PRICE, INCLUDING POSTAGE:

Per annum, in advance..... $1 00
Single copies..... 15 cents

Subscription may begin at any time. The safest mode of remittance is by bank check or postal money order drawn to the order of the undersigned. When neither is accessible, remittances may be made at the risk of the publishers by forwarding in Registered Letter. Address

UNION PUBLISHING CO.,
TOPEKA, KAS.

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Topeka, Kansas, Saturday, Feb. 6, 1897.

The Iconoclastic Press.

The daily press is recognized as one of the formative factors of society, polltics and religion. While it does not regulate the morals of the people, it often influences the popular thought upon subjects relative to morals. The daily press may be an element for good or for bad according to the tendencies and mental equilibrium of the men who shape its expressions. There are unfortunately among the so-called "moulders of public opinion" men who are iconoclasts, either from principle or lack of it, or from congenital or acquired mental deformity. Having reached the zenith of their own fame, they cannot appreciate the possibility of advanced thought or opinions of which they are not the originators. Having assumed to themselves the task of shaping public opinion, they assail any attempt of those further advanced or more enlightened upon any science toward improvement. Things they cannot comprehend they naturally conclude must be base and fraudulent. As an illustration of the thought we have expressed we give herewith a clipping from the Topeka *State Journal:*

A MEDICINE BILL—A MEASURE TO PRACTICALLY PROHIBIT SALES OF PATENT MEDICINE.

"There has been quietly introduced in the Legislature a bill, No. 402, which should be strongly opposed by the druggists, the newspapers and the public generally.

"Representative Botkin (Rep. of Reno) has introduced the bill, which, if passed, will act virtually as a prohibition upon the sale of patent medicines in the State and the consequent advertising thereof in the newspapers of the State.

"The bill is of the vicious class and ought to be defeated. It is one likely to do much harm and no good. A very large number of patent medicines are very widely used and repeatedly used because they have been found excellent remedies. To practically prohibit their sale, as does this bill, is a kind of legislation which is entirely uncalled for. The best of patent medicines are a boon to the ailing poor and are used by all classes and prescribed by many of the best physicians.

"The bill provides that before any proprietary drug, compound, medicine or nostrum may be offered for sale or sold in this State, the proprietor thereof shall file with the secretary of the State Board of Health a full, true and complete formula for such medicine, verified by affidavit; also deposit with the secretary at least one minimum package containing such drug, compound, medicine or nostrum; that the Board of Health shall examine each formula and medicine so deposited, and if they find that it is a specific for any disease or ailment or injury and that it contains nothing which will engender or stimulate any vicious disease, habit or passion, they shall so certify

and issue therewith their permit for the sale of the medicine in the State.

"It provides further, that before offering for sale in any county the owner or manufacturer shall file a transcript of the certificate and permit of the State Board of Health with the local health officer of the county and obtain from that official a special permit to sell such particular medicine in that county.

"Provision is also made for the proper fees for the health officer and license fees which go into the general fund. Severe punishments are provided for violation of the act, both by fine and imprisonment."

Intelligent minds would readily appreciate the fact that such a comment on a very important and necessary measure could only have originated from one who was either mentally deficient or whose iconoclastic tendencies overbalanced his sagacity.

If the public could only be informed of the composition of many of the patent preparations which they so persistently take, and know the resulting effects of the continued use of cocaine and opiate compounds which constitute a number of the most prominent of these, they would welcome this bill with all the ardor of a new convert.

Another example of the iconoclasm of the press was exhibited last winter in the persistent agitation of the accusations against the Kansas Medical College and the heartless abuse heaped upon the institution and its supporters. The college has been a prominent factor in the development of Topeka as a medical center. It has not only brought many people to the city for school purposes, but it has been the means of bringing a great many others here for treatment. The city and the people reap the benefit and the newspapers are also the gainers. That the college did not suffer from the persistent abuse was not the fault of the papers, and they are none the less to blame. Newspapers which have no higher motive than the destruction of institutions of learning, the tearing down of honorably earned and well merited reputations, than the incitement of riot and mob violence, would serve a better purpose in the water closet than as teachers of morals or moulders of public opinion.

Over the Hookah.

Dr. G. Frank Lydston, the author of this book, who is so well known to the medical profession as a brilliant and entertaining after-dinner speaker, whose originality and versatile diction has pleased so many gatherings of medical men, will need no further introduction as an author. The book is more expressive of his character and characteristics than our pen can tell. The old doctor may not be a creature of his imagination, but he is the counterpart of so many well-known practitioners that he will be recognized by hundreds. The doctor has portrayed one side of a doctor's life, and it is that side which finds the most of sympathy and of humor, or that element of character which sees the pathetic and the ludicrous. The book is a continuous or rather continued story of the experiences of a physician in active practice, and as such is near to the heart of every member of the profession.

We publish in this issue a copy of the medical practice act, prepared by Dr. Johnson, representative from Chase county. It will be noted that several changes have been made in the law submitted two years ago. Those who are most enthusiastic in the matter of securing medical legislation will do all they can for the passage of this law. It is not as complete or as stringent as we would like, but the promoters of the bill have used good wisdom in leaving certain gaps open, otherwise it must meet with certain defeat. After it is once upon the statute books such changes may be made as will make it more effective and more satisfactory. The recognition of scientists, masseurs, etc., is not just what we would like, but the opposition from the supporters of such people has proven stronger heretofore than could be opposed. We may be thankful with the bill as it is if it can be passed; we may be grateful for its successful issue with even less favorable provisions. Let us all work for it.

NEXT to the healing of the sick, the most important duty the medical profession has always had to carry is the educating of the public in what is best for them. They always seem to fight against their own interests in everything pertaining to health. Every sanitary measure and every step of medical progress, has had to meet solid opposition from the public at the beginning. They cannot see with professional eyes, and they invariably interpret acts they cannot understand the motive of, from a purely selfish standpoint. They think the doctors are working solely for self-interest. If they cannot understand the matter they think it is because the doctors do not want them to understand it. Between anti-vaccinators, anti-vivisectionists, opponents of quarantine and fighters of boards of health, we are still reminded of the fact that the spirit that forbade dissecting, and yet demanded a knowledge of anatomy, is not yet wholly dead.—*American Medico-Surgical Bulletin*, January 25, 1897.

DR. JOHN PUNTON, of Kansas City, has recently erected a magnificent residence at 2901 Forest avenue, one block from Troost Park. The doctor has already admitted a number of patients for home treatment since removing to his new home and has more applicants. He has demonstrated the success of the home treatment of the insane satisfactorily to himself and his patients, and with his fine location and convenient and modern accommodations we can expect some marked improvement over the old plan of caring for our insane.

C. L. MERRY, of Kansas City, Mo., is now developing a device for presbyopes who are compelled to use two pairs of glasses. It is simply a pair of bar spring eye glasses which clamp upon the ordinary spectacles. They can be easily applied or removed. Mr. Merry is not only a successful optician but a genius as well. Those who have done business with him recommend him and his work.

THE Kansas Medical College is receiving inquiries for catalogues from South Africa.

DR. W. SCOTT, of Stafford, was a visitor in Topeka this week.

Proposed Medical Law.

AN ACT to Regulate the Practice of Medicine and Surgery, and the Sale of Nostrums in the State of Kansas, and to Provide Penalties for the Violation Thereof.

Be it Enacted by the Legislature of the State of Kansas:

Section 1. That it shall be unlawful for any person to practice medicine in the State of Kansas unless such person is of good moral character and has attended at least two full yearly courses of instruction prior to 1893 and three full yearly courses thereafter at some legally chartered and reputable institution of medicine and its allied branches, and received the degree of doctor of medicine thereon. Or any person who cannot produce a certificate from some legally chartered State Medical Society and signed by the full board thereof, and has since been in the continuous practice of medicine for a livelihood for a period of not less than ten years. Provided, however, that in all cases wherein any person or persons of good moral and temperate character shall have been in actual and continuous practice of medicine in the State of Kansas for a period of not less than fifteen years prior to the passage of this act, and having complied with the medical laws then in force, they shall be considered as having complied with the provision of this act.

Sec. 2. Any person in practice or desiring to practice medicine in this State shall make application to the secretary of the State Board of Health for a certificate. If a graduate in medicine, he must present his diploma to the State Board of Health for

verification as to its genuiness; such application may be made in person or by letter or by proxy. The verification of the diploma shall consist of the affidavit of the applicant that he or she is the lawful possessor of the same, and is the person named therein.

Sec. 3. If the applicant is not a graduate, he or she shall make application before the board at one of its regular meetings, and and shall make satisfactory proof to the board that he or she has either of the qualifications prescribed for non-graduate by section 1 of this act, and provided, that such application for certificate be made within six months after the taking effect of this act.

Sec. 4. Upon the making of the proof required by this act in sections 2 and 3, a certifice signed by each member of said board and attested by the secretary, shall be issued to the applicant, and the possession of such certificate, after it has been recorded as hereinafter provided shall be conclusive as to right of the lawful holder thereof, to practice medicine and all kindred branches in this State.

Sec. 5. The State Board of Health shall receive through its secretary applications for certificates and examinations. The president and secretary shall have authority to administer oaths and the board to take testimony in all matters relating to its duties. The secretary shall receive a fee of two dollars for every certificate issued to a graduate and three dollars for each certificate issued to applicants who are not graduates, and all such fees shall be paid into the treasury of the State. In selecting places to hold its meetings, the board so far as is reasonable to accommodate applicants residing in the different sections of the State, and due notice shall be published of all its meetings for examinations. At least one meeting shall be held in each congressional district for the first year after the taking effect of this act. And it shall be necessary only within the meaning of this act for the president and secretary of the State Board of Health to move about through the State and gather testimony; but the entire board will review the same and sign the certificates at its regular meetings.

Sec. 6. The State Board of Health shall furnish to the county clerk of each county, a list of persons residing in their respective counties to whom certificates have been issued. Every person holding a certificate from the State Board of Health shall have it recorded in the office of the county clerk of the county in which he or she resides, within three months of its date and the date of recording shall be recorded thereon. Until such certificate is recorded as herein provided, the holders thereof shall not exercise any of the rights or priviliges conferred by such certificate. Any person removing to another county to practice, shall record his certificate in like manner in the county to which he removes. The county clerk shall keep in a book provided for the purpose a complete list of the certificates recorded by him with the dates of issue of said certificate. If the certificate be based on a diploma, he shall record the name of the medical institution conferring it, and the date when conferred. The register of the county clerk shall be open for inspection during business hours.

Sec. 7. The State Board of Health may refuse to issue a certificate provided for in section 4, to individuals guilty of criminal conduct, and it may revoke such certificate for like cause. Whenever the State Board of Health shall revoke a certificate as herein provided the secretary of the board shall notify the clerk of the county wherein such certificate has been recorded and the clerk shall make entry on the margin of the record in which such certificate is recorded showing such revocation.

ITINERANT LICENSE.

Sec. 8. Any itinerant doctor or vender of drugs or agent who shall travel about in any county within the State of Kansas who shall advertise by writing or printing or by any other method profess to cure or treat diseases or deformities by any drugs, nostrums or appliances, and shall recommend or sell or offer to sell or give away any such drug nostrum or appliances of any kind whatever, for the cure of any disease or to treat any

deformity whatever its nature may be, must pay the secretary of the State Board of Health the sum of one hundred dollars for each and every month he or they may stay within the State for such purpose. Whereupon a license may be issued upon application by the full board only at its regular meetings. The same questions of good moral character as specified in section 1 of this act to be considered. Any itinerant doctor or vender of drugs or his or their agent who shall travel about in any county within the State of Kansas, or open up a transient office in any part of the State, or who shall advertise by writing or printing or by any other method, profess to cure or treat diseases or deformities, or sell or offer to sell any such drugs nostrums or appliances for the cure of any disease, or treat deformity of any nature whatever without having the license required by this action, shall if found guilty, be fined in the sum of not less than one hundred dollars nor more than two hundred dollars and cost of suit for each and every offense.

Sec. 9. Any person shall be regarded as practicing medicine within the meaning of this act who shall treat, operate on for any disease or deformity or prescribe for any physical or mental ailment of another. But nothing in this act shall be construed to prohibit the services of the magnetic or professional masseur, or in cases of emergency, or in any domestic administration of family medicine. And this act shall not apply to commissioned surgeons of the United States army, navy or marine hospital service in the discharge of their duties, or practicing physicians or surgeons from another State who may be called into this State for the purpose of consultation or perform or assist in performing any operation, conditioned however, that such persons at the time are eligible to the laws of the State of Kansas. And provided that this act shall not apply to the legitimate practice of pharmacy or dentistry, and its provision shall not be construed to be in conflict with the laws regulating the legitimate practice of dentistry in the State of Kansas.

Sec. 10. The secretary of the State Board of Health shall immediately upon issuing such a license as within the meaning of section 8 of this act notify each and every county health officer in the State, and in the counties where none exist, the county attorney, of the day and date of such issuance and also at the same time notify the county clerk of each county in the State whose duty it shall be to immediately record the same in his office in a separate book open to inspection to the public during office hours.

All money coming into the hands of the secretary of the State Board of Health from any source whatever emanating from this act shall by him be paid into the State treasury.

Sec. 11. Any person practicing medicine in the State without the certificate issued by this board in compliance with the provisions of this act shall for each and every instance of such practice if found guilty, be fined in any sum not less than twenty-five dollars for the first offense, fifty dollars for the second offense, seventy-five dollars for the third offense and one hundred dollars and imprisonment until all costs are paid for any similar offenses thereafter. And any person filing or attempting to file as his own the diploma or certificate of another or a forged affidavit of identification shall be guilty of forgery and upon conviction shall be subject to such punishment as is provided by the statutes for the crime of forgery.

Sec. 12. Every person who shall willfully and corruptly swear, testify or affirm falsely to any material matter, upon any oath or affirmation or declaration legally administered in any matter of proceedings before said State Board of Health under the provisions of this act shall be deemed as guilty of perjury and subject to statutory punishment therefor.

Sec. 13. Upon conviction of either of the offenses named in this act the court shall order the defendant to be committed to the common jail of the county until the fine and costs are paid, and upon failure to pay the same the defendant shall stand committed under said order.

Sec. 14. All prosecutions for violations of the sections of this act shall be commenced

in the name of the State by the county attorney of the county wherein the violation is being committed or has been committed on complaint made by the county health officer or upon refusal then by any bonafide citizen of the county before a justice of the peace or any court of competent jurisdiction.

Sec. 15. All acts and parts of acts inconsistent or in conflict with this act are hereby repealed.

Sec. 16. This act shall take effect and be in force from and after its publication in the statute books.

Puerperal Eclampsia; Its Etiology and Treatment.

Dr. William Warren Potter of Buffalo read a paper at the ninety-first annual meeting of the Medical Society of the State of New York, at Albany, January 26, 1897, with the above title.

He said, *inter alia*, that we seem to have arrived at the renaissance of eclamptic literature, that while the subject is being discussed in magazine articles and societies it would not answer for this society to keep silent.

Though the pathogenesis of eclampsia is still unsettled, we are certain that it is a condition *sui generis*, pertaining only to the puerperal state, and that to describe, as formerly, three varieties—hysterical, epileptic and apoplectic—is erroneous as to pathology and causation, as well as misleading in treatment.

The kidney plays an important office in the economy of the eclamptic. If it fails to eliminate toxins, symptoms are promptly presented in the pregnant woman. Renal insufficiency is a usual accompaniment of the eclamptic state. Overproduction of toxins and underelimination by the kidney is a short route to an eclamptic seizure. However, many women with albuminuria escape eclampsia, and many eclamptics fail to exhibit albuminous urine.

The microbic theory of eclampsia has not yet been demonstrated. The toxemic theory in the present state of our knowledge furnishes the best working hypothesis for prevention or cure.

Treatment should be classified into (*a*) preventive, and (*b*) curative. The preventive treatment should be subdivided into medicinal and hygienic; and the curative into medicinal and obstetric. A qualitative and quantitative analysis of the urine must be made at the onset. If there is defective elimination something must be done speedily to correct a faulty relationship between nutrition and excretion. One of the surest ways to control progressive toxemia is to place the woman upon an exclusive milk diet. This will serve to flush the kidneys and thus favor elimination. Distilled water is one of the best diuretics; it increases activity and supplies material– two important elements. In the pre-eclamptic state, when there is a full pulse with tendency to cyanosis, one good full bleeding may be permissible, but its repetition should be regarded with suspicion. In there is high arterial tension—vasomoter spasm—glonoin in full doses is valuable.

When eclampsia is fully established the first indication is to control the convulsions. Full chloroform anesthesia may serve a good purpose. If the convulsions are not promptly controlled the uterus must be speedily emptied. This constitutes the most important method of dealing with eclampsia. Two lives are at stake, and by addressing ourselves assiduously to speedy delivery of the fœtus we contribute in the largest manner to the conservation of both.

Rapid dilatation first with steel dilators, if need be, then with manual stretching of the os and cervix, followed by the forceps, is the nearest approach to idealism. Only rarely can the deep incision of Duhrssen be required. Cesarian section should be reserved for extreme complications, as deformed pelvis, or to preserve the fœtus when the mother's condition is hopeless. Veratrum viride is dangerous, uncertain and deceptive in action.

In eclampsia of pregnancy, *i. e.*, prior to term, the aseptic bougie, introduced to the fundus and coiled within the vagina, may be employed to induce labor. Finally, to

promote the elimination of toxic material, diuresis, catharsis and diaphoresis should not be forgotten; neither should the hot air bath nor the hot pack be overlooked.

The Dry Earth Closet, the Greatest Sanitary Necessity in Rural Districts.

H. B. Bashmore, M.D., in Dietetic and Hygiene Gazette.

If there is one sanitary necessity which stands pre-eminently above all the rest, it is, to my thinking, the substitution of the earth closet for the foul privies and cesspools of rural districts. Privies undoubtedly contaminate the ground water and the ground water seems to be the only source of supply for isolated localities. We know so little about the changes of the ground water and so little about the life history of the germs of certain water borne diseases, that there is danger wherever the ground water is exposed to excreta.

It is an undeniable fact that the privies in most villages are rarely emptied, and one bright sanitarian has explained this by the fact that the wells drain a good deal of their water from the urine of the neighboring privies; and this can readily be the fact in many places. In the average country town not one person in a thousand uses an earth closet or, in fact, seems to know anything about it. If we could get the village dwellers to understand the sanitary value of this method of excreta disposal, it would be a great step in progress. Some of the State Boards of Health are working in the right direction and issue circulars containing instrcutions for making earth closets. The material to be used in the receptable may be either ashes or dry earth. In the Summer dry earth can be taken directly from a garden bed, and for use in Winter should be stored away in barrels.

Ashes are perhaps better if the closet is in the house, for the ashes are lighter and more absorbent. I can state positively from experience that an ash closet if properly used, is absolutely inodorous; hard coal ashes are the right kind to use and should be sifted through a fine sieve; there is no better way than this to dispose of the Winter ashes.

The disposal of the contents of the closet is perhaps the stumbling block to many. This material, whether ashes or earth has been used, may be placed on the corner of the garden bed and covered with a little earth, or it may be buried a few inches under the soil; or lastly, it may be kept in a dry place, covered with earth and carted away at some suitable time by the farmer for use as a fertilizer; of course, the agent of disposal in all cases is the nitrifying bacteria. To be sure, if too much ash is used, nitrifycation is delayed, but with the mixture of a little earth the results are all that could be desired.

Another way of using the earth, especially for schools or large dwelling, is to have the privy constructed with what Prof. Coore calls a dry catch, which is a large, dry and cemented vault underneath. The seat is very much like the hopper of an ordinary water-closet with a movable pan at the lower end to prevent draught. The excreta falls to the vault beneath and every evening they should be covered with dry earth through an opening on the outside. Every week or so the contents are taken away for fertilizer. This is the ideal method for disposal in country schools, but it will likely be many years before country school boards adopt it.

It seems to me, that small incorporated towns might be able to do something on the line of the dry earth privy, by having a scavenger clean all privies every week; individuals cannot be depended to take care of earth privies, at least just at the present state of progress.

Medical Superstitions.

In lieu of the large number of new remedies which have made their appearance during the last year, the following therapeutic hints taken from the New York *Press* have at least the merit of being very old and well known in former times, and in many cases were probably quite as efficacious as some of

the more modern "cures." They are popular remedies in common use among the German peasantry.

The cures for epilepsy are especially varied and are described as follows: To keep away epileptic fits, wear a thick silver ring on the finger, preferably one made from a coffin nail. In case of a "fit," open the clothing and scratch a cross on the breast with a needle, so that the blood comes, and lay a black cloth over the mouth. When one feels an attack of epilepsy coming on, he should look in a mirror, or smell of a bug of some sort.

Milk from a sow, blood from a weasel, a pregnant ass, seven drops of blood from the tail of a cat, or blood from a recently executed criminal, are all remedies for epilepsy.

For jaundice, drink water in which a gold piece has been kept for 24 hours, and shave the nose with a razor until the blood comes.

For malaria, chew the first violets of the season, eat apples Easter time, keep a three-colored cat in the house. Pass the fever over to someone else, if possible to an animal or plant, or bury it in the ground.

For ulcers carry a nutmeg in the pocket.

For boils wear a gold piece, or half of a hard boiled egg, over the lesion.

To cure a felon, or "run-around," hold the finger in a cat's ear for half an hour.

Cancer may be cured by applying fresh, warm hen's, pigeon's or calf's flesh.

For toothache, trim your finger nails on Friday, eat bread a mouse has nibbled, or bury a tooth in the hole of a mouse, or carry in the pocket a tooth from a soldier killed in battle, or from a murdered man. Kiss a mule. Rub the gums with the body of an ant, bee or fly, or prick them with a sharp twig from a sweet apple tree.

For ranula of the tongue, spit on a frog.

To cure a goitre, rub in oil from a lamp, especially from a lamp that has burned by a death bed.

For gout, wear a copper ring, made from a coffin nail, or carry a snakeskin, potatoes, chestnuts, or the tooth of a mole, or a dried toad.

For alcoholism, drown an eel in brandy and make the drunkard drink it.

For impotence, drink a glass of mother's milk.

For stomach trouble, beer poured over a redhot horseshoe is helpful.

For hydrophobia, inscribe upon a loaf of bread, on the upper crust, the following words, and give it to man or beast, as the case may require: "Gerum heirum Lada frium hide thyself."

To cure warts, rub the wart with a potato and feed the potato to a pig.

If a child is puny and of low vitality, bore a hole in a young tree, at exactly the height of the child. Drive a plug into this hole, along with some hairs of the child's head. The belief is that as the tree continues to grow so will the child.

Freckles may be removed by washing in water contained in a hollow stump, three successive mornings before sunrise.

Surgical Hints.

International Journal of Surgery.

In the treatment of fractures of the leg the fracture box is an apparatus which causes great pain and discomfort. The patient is unable to move without grinding the proximal fragment against the distal one, so must, perforce, remain in one position. It is far better to use a splint which will allow the fractured member to be moved as a whole. An ordinary wooden splint, properly padded, will answer the purpose, though plaster of paris is the most satisfactory material which we have. When plaster is used in a case of recent fracture, great care must be taken to put in enough padding, and even then if much swelling is feared it is well to cut the splint through to the padding as soon as the plaster has set. The dressing may later be tightened by a few turns of roller bandage.

A simple colotomy for the relief of one suffering from intestinal obstruction may be performed with cocaine anesthesia. The uninflamed peritoneum is remarkably insensitive to pain from incision or from puncture, and the patient does not feel the suturing of bowel to paretal peritoneum. The incision

into the distended gut is also a procedure entirely devoid of pain. Manipulation of the intestine, however, such as is necessary in finding and loosening adhesions, requires general narcosis.

The explorlng needle may be more dangerous than the knife. It is wisest not to make a puncture where pus is expected, until you are prepared to lay open the cavity.

In using the trocar and cannula it is well not to puncture directly through the skin. Infection may be carried in by the instrument from the skin even when you think you have thoroughly sterilized this tissue. The danger may be overcome by making a minute incision through the skin and puncturing through this opening.

A polypus or other growth in the urethra will often cause the symptoms of stricture even to the hitch on examination with the bulbous instruments. The endoscope will at once clear up the diagnosis.

Care of the Mouth When Ill.

Popular Science News.

When one is in good health the mouth needs no special care beyond that of ordinary cleanliness. Indeed, the secretions of the various glands located in it act as disinfectants and keep it sweet. But few, however, are so healthy but they need to pay some attention to this organ, and when one is ill with any serious disease this becomes more and more necessary. Dr. Rikerson has found it advantageous to have patients suffering with fever chew occasionally some aromatic gum to stimulate the secretions of the mouth and wash out or destroy microorganisms or fermentation going on there. Another has accomplished the same end by having the patient chew some splinters of fresh pine wood. Dr. Rosenfield gives full directions for cleansing the mouth under such circumstances. He says that "in children and very old persons, the less solid food taken, the greater should be the care with the mouth. They should rinse it out several times a day with lukewarm water containing a little common salt, tincture of myrrh, or eau-de-cologne added to stimulate secretion. When there is a tendency to bleeding of the gums, or when the teeth are bad, a pinch of powdered boric acid may be twice daily rubbed in between the lips and gums. Patients with false teeth should remove them when they cannot take solid food.

"Patients with fever should have something to drink—cold water or weak lemonade—at least every hour. One must not wait till the patient asks for a drink. Besides preventing dryness, the fluid maintains the activity of the glands, and the whole function of the mucous membrane. Many patients are prevented from drinking by a painful, dry, and cracked condition of the lips, and therefore all feverish patients should have their lips rubbed several times a day with vaseline. In protracted cases of fever the mouth may be swabbed out with oil or greatly diluted glycerine."

There is no end to the little devices which can be used. The patient can generally suggest what will be most agreeable, and if not too ill, attend to it himself.

Diagnosis of Pregnancy With the Microscope.

Dr. Parke, of Philadelphia, in the *American Gynecological and Obstetrical Journal*, reports that after a microscopic study of the triple phosphates in the urine of pregnant women, he is satisfied that they begin to change their form within twenty days after conception. The feathery appearance first disappears from the tips of the crystal and progresses downward to the base. Sometimes this occurs on only one side, but generally on both. If the fetus dies, they resume their normal appearance again. The advantage of this means of diagnosis is that it can be made without the patients' suspecting the object of the examination, and at a much earlier period than any reliable physical sign can be obtained.

DR. CUMMINS, of Larned, Kas., has gone to Brooklyn, N. Y.

Cleanliness in Catarrh.

Atlantic Medical Weekly.

Dr. Edwin Pynchon, in an article in the *Annals of Ophthalmology and Otology*, calls attention to the widely varying formulæ of Dobell's Solution given by different authors, and incidentally mentions what is a really practical question in the treatment of naso-pharyngeal catarrh.

Numerous preparations are widely advertised as adapted for cleansing purposes in the nasal cavity, and are possibly of real merit, but the price asked for the product is so exorbitant, that to people of moderate means the expense is a serious factor, while to the poor it is beyond their purse, and in each case, after the prescription has, perhaps, been filled once, they cease its use, and go back to the home remedy of salt and water of varying strength, and usually with disastrous results.

The Seiler's tablets, made by different manufacturers, also vary in strength and composition, and our experience has taught us that several of those on the market cannot be used without causing great smarting and even pain.

The fluid used in cleansing the nasal cavities in both atrophic and hypertrophic rhinitis, should be of about the specific gravity of the serum of the blood, and this is acquired in the solution advised by Dr. Pynchon, which is as follows:

℞ Sodæ bicarb., 2 ounces.
Sodæ biborat., 2 ounces.
Listerine (Lambert's), 8 ounces.
Glycerine, 1½ pints.

One ounce of this formula added to a pint of water yields a bland and pleasant alkaline solution with a specific gravity of 1.015.

The addition of the Listerine takes the place of the carbolic acid in the original formula, and is a decided advantage, as it imparts a pleasant taste, and is quite as efficacious as the acid.

The common use of Listerine and water should be superseded by the addition of the alkaline solution given, and in the preparation thus made we have all the advantages of any cleansing agent, and it can be furnished at a price commensurate with all pockets.

Remedy for Blackheads.

H. Julichs, in Practical Druggist.

Blackheads are not as is generally thought dust or dirt accumulated in the pores, but consist of the fatty secretions of the skin, and a coloring matter,

The following mixture may be recommended for their removal:

Kaolin..... 4 parts.
Glycerin..... 3 parts.
Acid Acetic..... 2 parts.
Ol. odorat., ad lib. Mix.

Apply this mixture to the parts at night, and, if possible, also several times during the day. The blackheads will disappear when washed with this mixture and rubbed freely with a towel moistened with it, or can easily be removed after a few days.

IN ordinary cases of prostatic enlargement of however long standing, in which the obstruction is not great and the power of the bladder is fair, in which there is not an excessive amount of residual urine, in which catheterism is easy and painless, and in which cystitis, if it exists, is not severe and can be controlled by aseptic washings and regular catheterism, operative treatment is not indicated.—*Alexander.*

A THOROUGH comprehension of the reciprocal relations of immunity and susceptibility, should lead to the adoption of conservative measures in the practice of general surgery, and the use of the most radical and aggressive measures when indicated by the nature of the case.—*Gaston.*

DR. E. W. DOAN, of Weir City, was in Topeka last week.